

THE GREAT COMMUNICATOR

Arabian Days ...



... Arabian Nights



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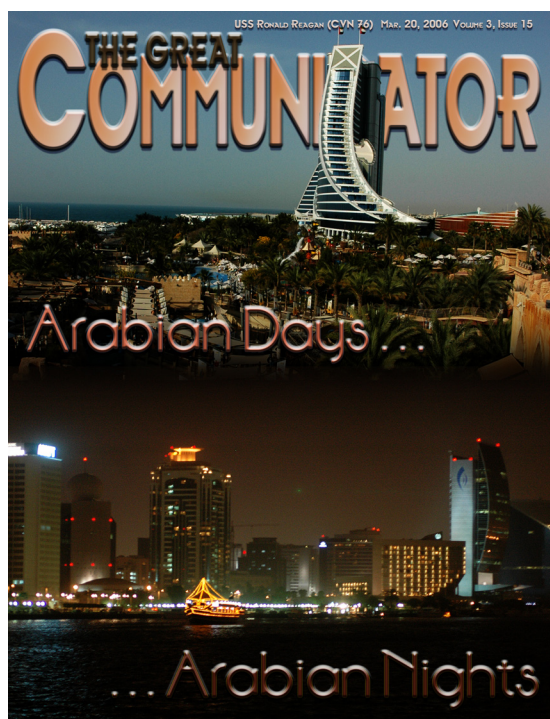
Editor
JO2 Stephanie Senn



An oasis in the sand

Illustrator Draftsman Seaman Jack McCann of USS Ronald Reagan (CVN 76) catches a man-made wave at the Wild Wadi Water Park in Dubai, United Arab Emirates (UAE). Reagan is currently deployed as part of a routine rotation of U.S. maritime forces in support of Operations Iraqi Freedom and Enduring Freedom, as well as conducting Maritime Security Operations (MSO) in the region.
Photo by PH3 (AW) Aaron Burden

On the front cover



**Two views of Dubai,
United Arab Emirates
(UAE)**

Day photo by
PH3 (AW)
Aaron Burden

Night photo by
DM1 (SW/AW)
Michael Obney

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Staff Writers

LI3

Paul Ahlers

PH3

Sarah Foster

PH3

Chris Blachly

PHAN

Lawrence Davis

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Steel Horse Imaging*



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Reagan pulls into Jebel-Ali for port visit

By PHAN Lawrence Davis

Staff Writer

Sailors from the nuclear-powered aircraft carrier USS Ronald Reagan (CVN 76), Carrier Air Wing Fourteen (CVW-14) and Carrier Strike Group Seven (CCSG 7) staff are back at sea after visiting the United Arab Emirates (UAE) March 15-19 during a scheduled port visit.

During the four-day visit, Sailors spent their free time shopping, sightseeing, and experiencing the local culture of the city of Dubai. Reagan is currently on its maiden deployment and this was the first

time the ship has ever made a port visit to the UAE.

During the in port period, Reagan's Morale Welfare and Recreation program offered a variety of opportunities for Sailors to relax and have fun, including trips to a local water park, golf venues, desert safaris and various city tours.

"I didn't go on any tours but I did go sightseeing," said Storekeeper Seaman Dominique Whitlock of Chicago. "I've never seen a hotel in the shape of a sailboat or an actual ski resort attached to the mall until now."

Hull Technician 3rd Class

William Clark said he was amazed by the city's landscape. "The architecture was nice," said Clark, a native of Detroit. "It shows how modernized the city has become."

Some Sailors enjoyed the many shopping opportunities Dubai had to offer. "I didn't expect to see designer stores out here," said Damage Controlman 3rd Class Don Hammonds. "That kind of stuff isn't cheap. I took advantage of the currency exchange."

Reagan's visit to the UAE provided some much-needed rest and relaxation for the ship's crew, as well as a chance to experience

a foreign culture first hand. But after four days off, Reagan and the embarked air wing are back in business and conducting operations in the Arabian Gulf.

Reagan is currently supporting Maritime Security Operations (MSO) in the Arabian Gulf. MSO sets the conditions for security and stability in the maritime environment and compliments the counter-terrorism and security efforts in regional nations. MSO deny international terrorist use of the maritime environment as a venue for attack or to transport personnel weapons or other material.

Playing in the desert snow

By PH3 Chris Blachly

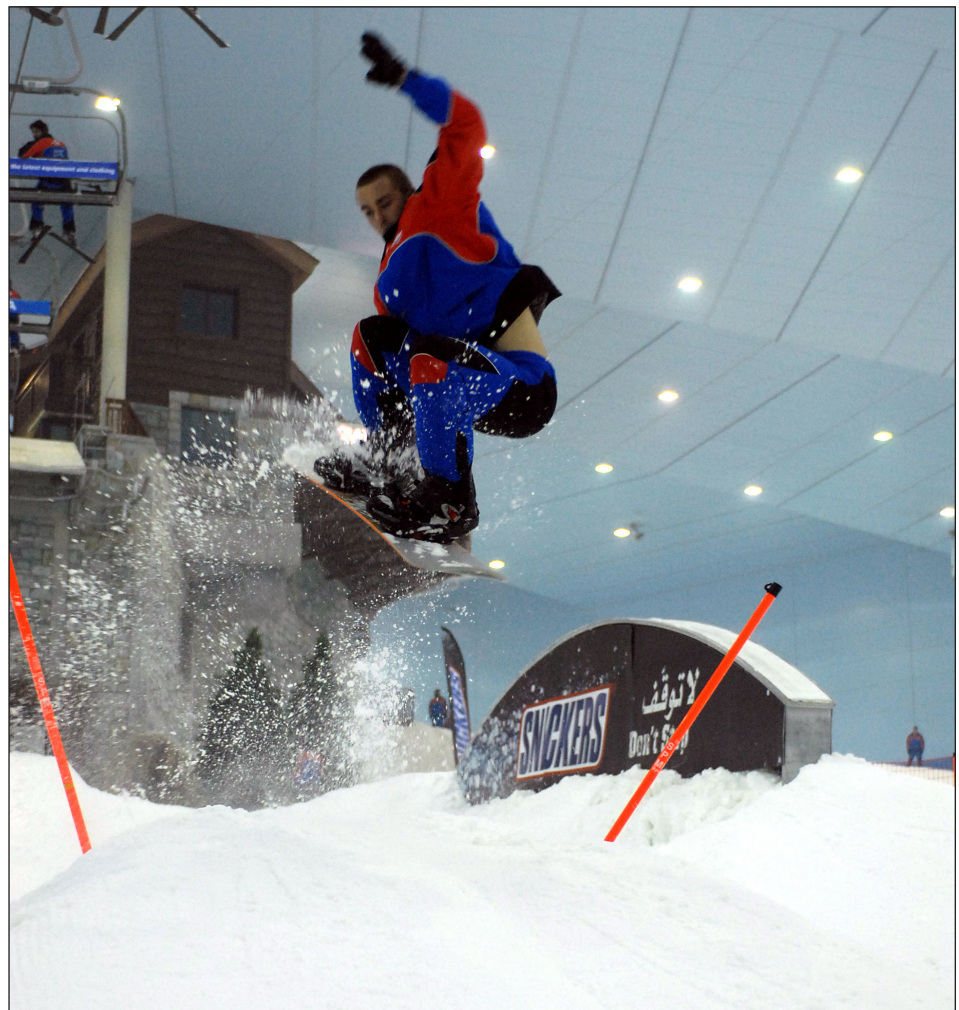
Staff Writer

As the escalator rises, its passengers receive their first glimpse outside. A light mist is rising from the snow-covered ground, and there is a fine layer of frost on the panes of the revolving glass door leading out. Once the escalator delivers them to the ground level, the passengers hurry outside, eager to feel the rush of cold air through the door, thankful for the cold-weather clothing they wear. Their eyes quickly take in the scene: Mountains in the distance, a ski-lift carrying skiers and snowboarders up to the summit, expert skiers rushing down, red-faced from the cold wind, beginners timidly easing their way down the "bunny slope."

Through the mist rising from their breath, all the newcomers see is a remote ski slope, nestled in the mountains somewhere, but as they continue to take in the scene, the reality of the location creeps through the fog. The mountains are painted on a wall, the summit is no more than 200 vertical feet, and not too far off in the distance, just past the ski lift, a window juts into the painted sky to reveal spectators watching the action. This is no mountain hidden in the Sierra Nevadas; this group of Sailors has arrived at Ski Dubai, the largest indoor skiing and snowboarding facility in the world.

Rising from the Mall of the Emirates, the polished aluminum enclosure of Ski Dubai is visible from miles around. Seen from the outside, nothing stands out to identify the contents of the structure. Sand, desert shrubs and highway surround the mall. Inside, however, there is a healthy base, fresh powder, and plenty of eager Sailors, waiting to experience the simulated mountain.

Dubai ... Cont. on page 4



PH3 Chris Blachly

A Sailor assigned to USS Ronald Reagan (CVN 76) launches off a jump at Ski Dubai, the world's largest indoor snow-skiing facility during Reagan's recent port visit to Dubai.

InsiderdotCom

Workout stuff

www.intense-workout.com

There are so many magazines and so many personal trainers saying so many different things. This web site is designed to help everyone -- no matter what their workout goals are and no matter how long they have been trying to achieve those goals. From the beginners who need to be pointed in the right direction, to people who have been hitting the gym hard for years and still aren't seeing the results they want. Intense-workout.com provides all types of weightlifting, bodybuilding and fitness information here. Check out workout routines and programs, exercises, supplements and the types of diets and foods you should be eating in order to lose weight, gain weight or maintain weight.

Ship shape

www.weightlossforall.com

This site was started in 2003 with the aim of providing free, practical information to help healthy people lose weight safely. This site provides information in the form of diet plans, sample diets, calorie charts, guidelines and tips. Weightlossforall.com also gives information on other areas of human anatomy, physiology and psychology. From those topics, they pick out important aspects and describe how each process works and why it's important for successful weight loss. The site is managed mainly by the owner, who has been involved in the weight loss industry for over 10 years. Most of the information on this site has been written by the owner and articles are based on his opinion.

This Day in History

1970 Steve McQueen wins Grand Prix

Actor Steve McQueen is part of a racing team that wins its class at the Grand Prix in Florida on this day in 1970. Speed demon McQueen still had his foot in a cast from an earlier motorcycle accident.

1948 TV's first symphonic concert

CBS televises a concert by the Philadelphia Symphony Orchestra on this day in 1948. On the same day, the NBC Symphony Orchestra also played a televised concert, carried on five TV channels and simulcast over numerous FM and AM radio stations.

Dubai

Continued from page 3

From the moment the cashier is paid, Ski Dubai is a well-structured process. Riders are given a card with an imbedded chip that controls access to the mountain, to the ski lifts, and for an additional price, even locks and unlocks the lockers provided. Everything a Sailor could need for a day at the slopes is available for use. Trousers, jackets, boots and boards are included with admission, and hats and gloves are available for purchase. With most of the guests wearing the blue and red embroidered snow suits provided, the mountain looks more like the training grounds for a skiing and snowboarding team than a commercial venture, but the convenience of having the necessary equipment provided by the facility is undeniable.

The mountain caters to all skill levels, from beginner to expert, cleverly tying the different difficulties into the small facility. The staff is very tolerant of first-timers, allowing them to learn the basics and get comfortable with the experience of indoor skiing. For those more advanced, the slope offers a modest stretch of steep downhill, allowing the speed freaks a chance to feel the wind in their eyes. And for those willing to try, there is even a small terrain park with boxes and jumps, for the freestyle riders to express their skills.

Trips to Ski Dubai were organized by Moral, Welfare, and Recreation (MWR) and offered to Sailors prior to arriving in Jebel Ali, and included transportation to and from the mall along with admission to the facility. Sailors who were unable to secure a spot on an organized trip to Ski Dubai were still able to enjoy the experience because of the great location of the facility, the simple admission process and the courteous, helpful staff.

Ski Dubai is a must for anyone visting Dubai. Support the ship and MWR and sign up for a tour. If the tours fill up before securing a seat, remember, Ski Dubai is as accessible as it is user friendly: It's centrally located at the Mall of the Emirates, and open later than most Sailors have liberty.

Visit Ski Dubai. Because none of the freezers aboard Reagan are big enough to ski in.

WANTED CAPTIONS



Calling all comedians! So you think you're pretty funny, huh? Come up with an amusing, *appropriate* caption for this photo and send it to sennsd@cvt76.navy.mil with "Caption Contest" in the subject line. The winning caption will be posted in the next issue.

LAST ISSUE'S WINNERS

FIRST

This stinks! I hate being the last one picked.

ITC (SW/AW) Christopher Culp
OPS/OT

SECOND

Well, I guess they didn't like the early April Fool's joke

CS3 Elias Martinez
Supply/S-2



THIRD

AN Timmy became distressed when the rest of the crew realized he was responsible for the man overboard at 2 a.m.

EM3 Michael Peterson
Reactor/RT



Flag Officer Assignment -- Loeffler

*Special release from
the U.S. Department of
Defense*

WASHINGTON (NNS) -- Chief of Naval Operations Adm. Mike Mullen announced the following flag officer assignment March 15:

Rear Adm. (lower half) William P. Loeffler is being assigned as deputy director, U.S. Strategic Command Center for Combating Weapons of Mass Destruction (SCC-WMD), Fort Belvoir, Va.

GW Tests AIRSpeed Program

*By JO1 Rebecca Perron,
USS George Washington
Public Affairs*

USS GEORGE WASHINGTON, At Sea (NNS) -- USS George Washington (CVN 73) Sailors are putting the latest concepts of Aviation Maintenance and logistics into practice on a daily basis, through a Chief of Naval Operations-mandated concept known as AIRSpeed.

GW was selected in November 2004 to become the lead platform for testing AIRSpeed on a sea-based platform, which

includes research, testing and implementation of the program.

AIRSpeed is a set of management tools used to analyze current processes in order to reduce cost and increase efficiency.

Navy All-Women Basketball Holds Tryouts

*By PH3 Nelson Graca,
Fleet Public Affairs
Center, Pacific*

CORONADO, Calif. (NNS) -- Hundreds of Sailors from around the world are trying out for the Navy's All-Women Basketball Team at Naval Air Station North Island March 1-17.

Each year, individuals who are already members of the team have to try-out again to guarantee their spot on the roster. By the end of the tryouts, only 12 players will be chosen for the team.

Navy Team Surveys Port of Djibouti

*By JOC (DV) Robert
Palomares, Combined
Joint Task Force - Horn of
Africa Public Affairs*

DJIBOUTI (NNS) -- A team of Navy hydrographers came to the Horn of Africa

in February and has spent two months surveying and mapping the seabed of the Port of Djibouti.

Lt. Sean Yemm, head of the Fleet Survey Team, said the endeavor was a result of a port visit by USS Normandy (CG 60) about a year earlier.

Navy to Delay Some PCS Moves

*From Chief of Naval
Personnel Public Affairs*

WASHINGTON (NNS) -- A combination of current year budget reductions and out-of-cycle BAH (basic allowance for housing) increases has caused a deficit in the military manpower account that will delay permanent change of station (PCS) orders this fiscal year for approximately 3,800 Navy personnel until October 2006, the Navy announced March 15. The Navy normally conducts approximately 75,000 PCS moves each year.

Nominations Due for Federal Asian/ Pacific American Service Award

*By JO3 Chris M. Hwang,
Navy Personnel Command
Communications Office*

MILLINGTON, Tenn. (NNS) -- The Navy Equal

Opportunity (EO) Office is seeking nominations for the Federal Asian/Pacific American Council (FAPAC) Meritorious Service Award. All packages are due by March 31.

The FAPAC Meritorious Service Award is awarded to a military member who has fostered an innovative and harmonious environment between the military and the Asian Pacific American (APA) civilian community and assisted the work force in overcoming discrimination and eliminating barriers that hinder equal opportunity for APAs and other minorities in the armed forces.

Sailors in Afghanistan Meet Navy's Top Enlisted Sailor

*By JOC Dan Sanford,
Commander, U.S. Naval
Forces Central Command/
Commander, U.S. 5th
Fleet Public Affairs*

BAGRAM, Afghanistan (NNS) -- Afghanistan-based Sailors met with Master Chief Petty Officer of the Navy (MCPON) (SS/AW) Terry Scott March 14 during MCPON's theaterwide tour of bases and afloat assets in U.S. Central Command's (CENTCOM) area of

responsibility.

MCPON, along with Chief of Naval Operations-Directed Master Chief Kelly Schneider, based in Bahrain, visited hundreds of Sailors currently serving in country.

Secretary of State Visits U.S. Sailors in Sydney

*By JO2 Patrick Dille, U.S.
7th Fleet Public Affairs*

WASHINGTON (NNS) -- Secretary of State Condoleezza Rice visited the guided-missile cruiser USS Port Royal (CG 73) March 16 during the ship's regularly scheduled port visit here.

Three U.S. Ships Complete Neptune Warrior Coalition Course

*By Lt. Bill Urban,
Fleet Public Affairs Center
Atlantic*

FASLANE, Scotland (NNS) -- Three ships led by Commander, Destroyer Squadron (DESRON) 24 departed Faslane, Scotland, March 11, having completed Neptune Warrior, a coalition course off the coast of Scotland with ships from the United Kingdom and Germany and aircraft from France.

READER'S CHOICE

What was your
favorite part of
liberty in Dubai?



AN Dallas Walden

"The ship's team beating the chiefs at softball."



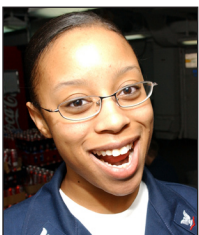
Lt. j.g. Michael Uhl

"The gold souk and the sandbox."



A01 (AW) Misael Vega

"Going to the waterpark."



IT3 Tabitha Brown

"The Sunset Safari."

Letters to the Editor

Dear Editor,

I wanted to write you a letter to complain about "The Great Communicator." No, there's nothing wrong with the content. The articles are great, and the photographs are definitely my favorite part. You see, I don't have a camera and even if I did, I'm far from being a great photographer. "The Great Communicator" is the only way I get to remember what has been going on during cruise. This leads me to my complaint....there just aren't enough copies being printed. I can never find one when I need it. How can we get more to send home, and keep as souvenirs?

Tired of searching for the news

Dear Tired,

Thanks for your letter. We'll start printing more, all you had to do was ask. We also post "The Great Communicator" as a PDF file on the ship's Intranet. Also, don't forget to purchase a cruise book. It will last for years and be a great way to remember Reagan's maiden deployment.

The Editor

Sempertoons by Charles Wolf



Private Murphy by Mark Baker



Today's Movies

Ch. 2 - Prime
Ch. 3 - The Legend of
Zorro
Ch. 4 - War of the
Worlds
Ch. 5 - Wedding
Crashers

Ch. 2 - The Great Raid
Ch. 3 - Batman
Begins
Ch. 4 - The Perfect
Man
Ch. 5 - There's
Something About
Mary

Tomorrow's Movies

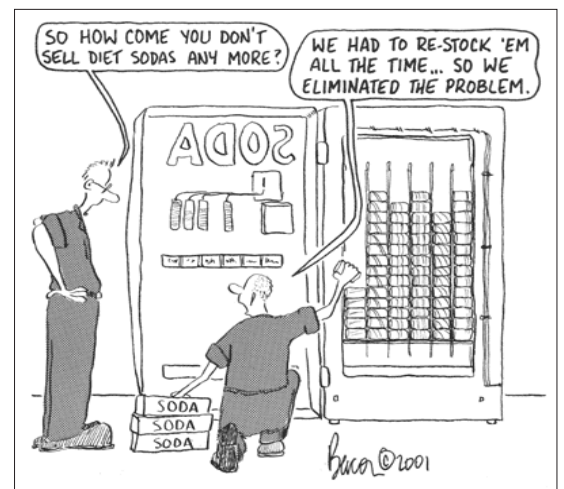
Ch. 2 - The Ringer
Ch. 3 - Doom
Ch. 4 - Flightplan
Ch. 5 - Pelican
Brief

Ch. 2 - Ray
Ch. 3 - Wicker
Park
Ch. 4 - Anchorman
Ch. 5 - Underworld

Just for Laughs

Comics provided by
Military.com

Broadside by Jeff Bacon



CVW-14 CMC visits son on Nassau

JO1 (SW) Cindy Gill

Release

Electrician's Mate 3rd Class (SW) John Cook of the USS Nassau Electrical Division received a very welcome care package while deployed to the Arabian Gulf March 13 – a visit from his father, Command Master Chief (SW/AW) Odie Cook.

The elder Cook, Command Master Chief for Carrier Air Wing 14 (CVW-14) embarked aboard the nuclear-powered aircraft carrier USS Ronald Reagan (CVN 76), was able to hitch a helicopter ride from Reagan to Nassau to spend a few precious hours with his son.

A basic staple of any deployment is missing family left at home. Many Sailors come from military families, and a few even serve at the same time.

Keeping family close isn't always easy, but from time to time, it's possible.

"I've been trying to get to Nassau for a visit for the last

two weeks," said Odie Cook, a 28-year Navy veteran. "Today I was just sitting down to lunch and I got word the helo was ready to go."

Though the tour was brief, John Cook was able to show his father where he spends his days, from the Rewind Shop to the Main Space.

"I brought him to the Tool Issue Room and we sat and listened to music for a bit," John said. "There wasn't much time to take him everywhere, so I hit the highlights."

Nassau's Command Master Chief, Rick Makowski, said in addition to a brief family visit, geography added a special element.

"It's nice to be able to get (CMDCM Cook) here, especially considering the Reagan is a West Coast ship."

Both father and son were very grateful to everyone who worked hard behind the scenes to make the visit possible.

"The few hours we had were great," said the junior Cook. "It was nice to see my dad out in the middle of the



Department:

Security

Job Title: Field
Training Officer

**Where are
you from?**

Wisasset, Maine

**What inspires
you?** Money

**Why did you
join the Navy?**

Get out of
trouble

**Who is
responsible
for your
success?**

Myself

**What piece of
advice would
you pass on
to others?** Do
it for yourself



IC3 William Blalock

March 13, 2006



AN Taylor Walter

March 19, 2006

Department:

Supply

Job Title: None

**Where are
you from?**

Oakland, Calif.

**What inspires
you?** My family

**Why did you
join the Navy?**

To support my
family

**Who is
responsible
for your
success?** My
family

**What piece of
advice would
you pass on
to others?** You
can do anything
you put your
mind to

